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Consumers' guide



Food conservation

In This Issue:

VOLUME X, NUMBER 6

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Action on the home front.....	2	3 R's are not enough.....	11
Waste not—want not.....	3	Consumers' book shelf.....	14
The quality of mercy.....	5	CG news letter.....	15
Young America fights the war, too..	8	Guide posts.....	16

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Action on the Home Front

LEE MARSHALL
Director of Distribution

The Victory Farm Volunteers— is calling for 1,200,000 young people to help with the big job facing American farm families in 1944.

Farm goals this year are the highest in history. The acreage goal is 380 million acres—an increase of 19 million acres above '43.

Boys and girls who answer the call to do emergency work on the farm front will be meeting an urgent need of our fighting men. As the war rushes toward a climax in 1944, our armed forces will grow to around 11,300,000 men in uniform—5,000,000 of them overseas. Our food needs mount as our armies advance. The Army must hold a 270-day reserve for every man overseas, as compared to a 90-day supply for men on duty in this country.

Humanity, military strategy, and our hopes for a lasting peace also impel us to supply food to the liberated peoples. The captive nations are near starvation today, but, given food and weapons, they will rise up to fight by our side against oppression. Without help they could all too easily lapse into anarchy . . . could be a hazard to our military plans and to the peace when we have won it.

Our allies, too, need food for the 1944 offensive. By striking on other fronts they are dividing the enemy strength . . .

are saving our boys from the full weight of the Axis strafing.

Farm families cannot do the job alone. To do the larger job of 1944 they need around 4,000,000 emergency helpers—about half a million more than helped save the 1943 crop. Most of these recruits will have to be young people, women, or older men—since so many men are going to war.

Experience is desirable but for many farm jobs it is not essential. Naturally a farmer would rather employ a trained hand. At the outset some farmers even said they wouldn't take anything else; but many have been persuaded to give young people from towns and cities a trial. The good work that boys and girls have done has tended to overcome this prejudice, where any existed.

A recent survey of farmers in Yellow Medicine County, Minn., who had employed VFV's last year, revealed that all of them wanted to employ some young people again this year and 90 percent wanted the same boys and girls. While this is an unusually good record, it shows what young people can do when they try and when they are properly trained.

Fortunately it is possible for a great many to make arrangements to get some pre-training: see "how-to-do-it" training movies, hear talks from farmers, extension

agents or vocational agriculture teachers, or even go out to farms on week ends to get into condition for summertime jobs.

While the Extension Service heads up the recruiting work, as well as placement, the schools are asked to assist with enlisting Victory Volunteers, especially in cities. Many schools also conduct training courses and otherwise help with preparing students for farm work.

It is important that young people be made to realize that farm work is hard—that the farm is no place for a lazy vacation. Yet, the farm rightly appeals to the young boy as a good place to toughen up his muscles for the football team. To the older lad, farm work offers splendid training for that all-american first team that isn't a game at all.

The opportunity to earn and save is another big consideration. Young people are advised to come to an advance agreement over wages and working hours in the presence of some grown person—perhaps a parent or an Extension Service official. There should be no false hopes of big pay. But even paying expenses for an active, healthy, pleasant stay in the country, plus the chance of saving to buy war bonds and stamps, is no small item.

The Victory Farm Volunteers offers high opportunity for war service. Last year 900,000 boys and girls did emergency farm work. They worked in all sections of the country: in one North Carolina county alone they picked over a million pounds of cotton; in Minnesota they harvested 16 million bushels of potatoes.

On the basis of these and similar reports which pour in from all over the country I prophesy that boys and girls who do enlist in the Victory Farm Volunteers won't regret it. They will have their reward in a sense of duty well done, in a sense of growing strength and self-reliance, and the joy that comes from working outdoors with living, growing things, in the knowledge that they are fighting the war on the vital farm production sector.

Lee Marshall

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Waste not-want not

We can add to the Nation's food supply by SAVING food

SUPPOSE you had to spread out your garbage for inspection today? Would it pass? Could it all be termed "essential waste?" Or would bread crusts, thick peelings, partially spoiled fruit, and miscellaneous moldy left-overs mark you a home-front saboteur? Only you and your garbage collector know.

We are wasteful people, we Americans. Even war shortages and rationing haven't stopped us. Last year we wasted more than we shall need this year to feed our armies. We wasted twice as much as we send our allies. Statisticians have been looking at our garbage and they say housewives waste 15 percent of all the food they buy. And from now on we'll need more and more food. We've heard that over and over until we scarcely pay any attention. But where is more food to come from? Our farmers have already surpassed all expectations in food production. Where else can we get more food? The answer is, we'll save it. We're going to produce more food for Uncle Sam by giving less to the garbage man. We'll eat just as much, but we'll throw away nothing edible—the only loser will be the local garbage dump or incinerator.

Experts aren't blaming all food waste—the whole estimated 100 pounds per person per year—on the housewife. There's waste all along the way, from the field and orchard to transportation points, in wholesale houses and retail markets, and in stores. But that's another story, in fact several stories. Right now we're talking about that medium-sized garbage can in the kitchen, and the family that helps to fill it up.

There's no doubt about it, responsibility for that overflowing garbage can rests squarely on the housewife. No alibis are good enough. If the family has left food



"See, I belong to the Clean Plate Club! Why don't you join?" says the young man to the young lady with the wasted food on her plate. Clean plates help win the war.

on their plates, whose fault is it? The guilty one is the woman who prepared an unappetizing dish, or who served a delicious one too generously, or . . . there are so many reasons that it might be simpler to be systematic. So we've drawn up a kind of order of the day for home KP, and your garbage can will soon be yawning if you follow it.

Marketing:

First of all buy the abundant foods. You are sure to get better quality and they are nearly always less expensive. Look for the "Victory Food Selection" sign and try to fit that food into your menus as often as possible. By doing this you help the retailer, the wholesaler, the farmer, and, if anyone cares, the War Food Administration!

Don't be afraid to buy fruits and vegetables with discolored spots or specks. Often they are only slightly discolored, not spoiled at all, and cost much less.

Don't buy extra meat in order to save ration stamps, and don't buy vegetables and fruit in quantity unless you are sure you can use them all before they spoil. Don't buy processed foods to use up points. Especially, don't buy things you don't need or your family doesn't care for, just because they are low in point value.

Do your shopping before the week end. You'll get better service and help the storekeeper too.

Storing:

For dairy products and meat (both raw and cooked), remember the slogan: "Clean, Cold, Covered."

Don't overload the ice box. Many foods do not require immediate refrigeration.

Inspect packaged foods frequently. Left in a dark corner of the shelf too long mice and insects will get at them.

Have an ice-box inventory every day so that you don't forget to use the left-overs you have carefully put away there.

Preparing:

Much food waste is due to poor preparation, so measure carefully.

Don't cook too long, especially vegetables. Much of their value is lost by overcooking.

Don't cook more than you need.

Don't throw away the outside leaves of lettuce and cabbage, the tops of beets and turnips.

Save vegetable cooking water for soup.

Learn to use the inevitable left-overs appetizingly.

Serving:

Don't serve too much. Better give portions that call for "seconds" rather than have to scrape good uneaten food off plates into the garbage can.

Entice the family into eating unfamiliar foods when the old favorites are scarce. It's taken a global war to break the "steak and French fried" habit, but lots of people find to their surprise that they can live anyhow. There are other food habits that can be broken—many of them to good advantage—and the housewife is just the woman to do it.



Garbage can stickers used in the Clean Plate Campaign in one city reduced waste more than 29 percent.

Start a Clean Plate Campaign in your own family. Over 200 cities have had a campaign in which pledge cards, saying "I promise to eat everything on my plate," were signed. But there's no reason why you should wait for a campaign before you start to stop food waste.

Even if we are wasteful we can change. Several cities spotted here and there over the country, from the State of Washington

to North Carolina, have proved it. They have had Clean Plate Campaigns during the last few months and reduced their garbage collection as much as 29 percent. For some months now sanitation men say they haven't been slipping and sliding in the garbage. That's because grease is going into salvage cans instead of the garbage. With the advent of the clean plate plan, crusts and slices of bread have disappeared, too. In one city where the Clean Plate Campaign was in progress, city dump attendants said that for years they'd been getting enough bread to feed their chickens—but not any more. "Not enough to feed a bird" was not just a figure of speech in that case.

How some average American cities organized all their forces to teach their citizens to save food is an inspiring story—inspiring for itself, and even more so for the possibilities it foreshadows. What Tacoma, Wash., Lansing, Mich., and Charlotte, N. C., did, hundreds of other American cities and towns can do.

How to Get Started

The most important point in a successful campaign is to have everything planned before the opening date of the campaign. Newspapers and local radio stations are usually eager to help. Sometimes one of the newspapers will "sponsor" the campaign and one of its staff will act as director. That was how they handled it in Lansing, Mich.—with the Nutrition Committee of the Council of Civilian Defense acting as "co-sponsor." Practically every other civic and social agency in the city, as well as the schools, cooperated in the effort to impress indelibly on the minds of Lansing's residents the need for food conservation.

The Victory Speakers Bureau of Civilian Defense provided 35 speakers, drawn for the most part from the Junior Chamber of Commerce. Schedules were arranged so that each of Lansing's 7 theaters had a speaker between every show on the opening day of the Campaign. In speeches, limited to 7 minutes, the audiences were told about the Clean Plate Campaign and urged to participate.

This opening salvo was followed by spot announcements on the radio and speeches at luncheon clubs and other group gatherings.

No one could go anywhere without hearing about the Clean Plate Campaign. It became the topic of conversation at every gathering where food was served—from banquets to hamburger stands. The news-

paper carried an application for membership in every issue. It read:

Please enroll us as a member in the Government's food conservation program. We pledge to do everything possible to avoid food waste during the war. We agree to "Clean our Plates" at every meal.

When the application was signed it could be exchanged at the newspaper office for a red, white, and blue window sticker which said, under a cartoon of Hitler being stuck with a fork, "We belong to the Clean Plate Club." As the stickers began to appear in windows all over town, garbage collection decreased in volume. Officials estimated that, by the close of the Campaign, edible food waste had been reduced more than 50 percent. Incidentally, waste vegetables comprised 67 percent of the waste, and bakery products 13 percent. The remaining 20 percent consisted of meat, 9 percent; fruit, 9 percent; and miscellaneous food, 2 percent.¹ Restaurants stressed the "Clean Plate" to both their employees and their customers. Posters in kitchens and pantries were reminders to cooks and waiters.

In Charlotte, N. C., one of the large cafeterias covered a huge plate glass panel with this sign:

*Join the
CLEAN PLATE CLUB
We need Food:
to work
to fight
to win*

One restaurant reported that during the Clean Plate Campaign there had been an estimated 20-percent reduction in waste food left on plates.

School was not in session when the campaign was on in Charlotte, but in towns where it was in session the school children were active campaigners.

Every child took home a Clean Plate Club membership card for his parents to sign and 80 percent of the parents in the city signed up. The man who knows how wasteful you are or aren't—the garbage collector—was the first to notice that something was going on. He reported a city garbage shortage. Said he couldn't figure out what was going on until he "got to reading the papers" and read about the Clean Plate Campaign.

We now know where we can get more food—for our fighters, for our allies, and for ourselves—we'll save it!

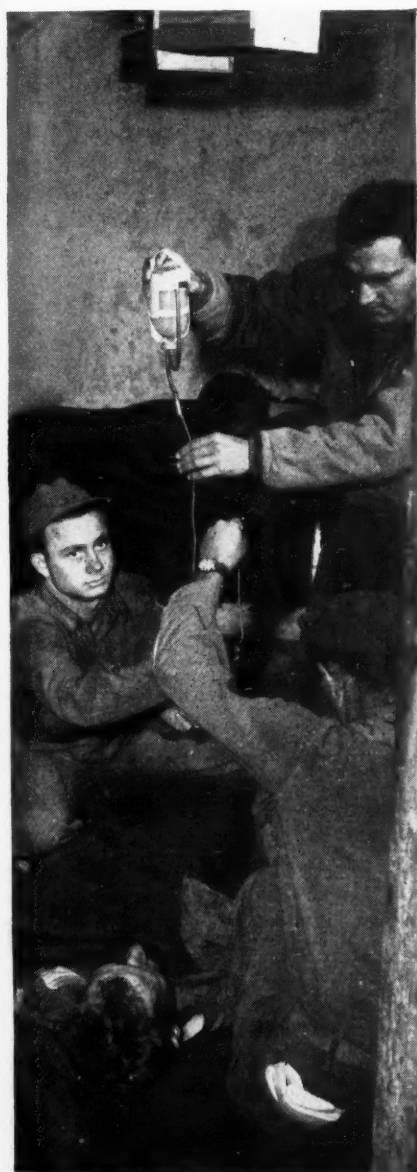
¹This tabulation was possible because of the unique garbage collection plan in Lansing.

The Quality of Mercy - - -

The Red Cross is doing a heroic job in helping to win this war, on the fighting fronts, and here at home. Here is the story of that job



IMAGINE that you are standing outside a hospital tent on the new allied beach-



Perhaps you gave the plasma that is saving this American soldier in Italy.

head in Italy. An ambulance roars up the road and wheels to a stop in front of the tent. The driver jumps out and opens the back door, revealing a young, badly wounded soldier. An Army doctor and his aides, carrying blood plasma and bandages, rush out of the tent. With a plasma bottle in one hand, the doctor inserts a needle into the arm of the dying soldier, then a tube which leads to the bottle of precious blood plasma. This bottle is quickly emptied into the soldier's veins, and the doctor calls for another. As the second bottle flows down the elastic life line into the soldier's arm, a magical transformation comes over him. His deathlike paleness disappears and his breathing becomes normal again. But, strangely enough, the doctor doesn't appear happy over the operation's success. He lights a cigarette and stares down at the empty plasma bottles. "What's the matter?" an aide asks. The doctor looks up. "They're the last bottles," he says quietly. "We may not get any more for weeks. If only the people at home could see this!"

Major General Norman T. Kirk, Surgeon General of the U. S. Army, has informed the Red Cross that blood plasma is the most important single lifesaver on the battlefield. Admiral Ross T. McIntire, Surgeon General of the Navy, declares that blood plasma made it possible to limit deaths among our naval men, in the South Pacific, to 1 percent of all the personnel. These men emphasize that present plasma supplies are falling far short of the needs. Almost four times more blood plasma is needed than has been collected.

If the people at home could see the magnificent job being done by Red Cross workers on all the war fronts they would quickly agree with our soldiers that the American Red Cross is indispensable in

the winning of this war. Stories about these workers' heroic exploits are rapidly traveling, "by way of the grapevine," among our soldiers.

Whenever a group of soldiers and marines who fought on Guadalcanal happen to come together for a "bull session," you can bet that one of the top subjects for discussion will be Tiny Montgomery. Tiny is a Red Cross field director, now somewhere in the South Pacific. On Guadalcanal they dubbed him "Tiny"—because his 275-pound, 6-foot-8-inch frame towered above every soldier on the island—and this nickname has stuck to him. Tiny hit Guadalcanal early in the war, with the soldiers and marines, and he never left the front lines in all the subsequent weeks of bitter fighting. Veterans say that Tiny played a major part in keeping our men's morale high, by distributing comfort articles where the fighting was thickest.

In Italy many American soldiers, now fighting below Rome, will never forget Esther Richards, a Red Cross hospital worker who was killed in a recent bombing attack on the Anzio beachhead. Her job was with an evacuation hospital unit, where she worked with the wounded as they were brought in. Her hospital ship was sunk, as it followed the invasion fleet into Salerno, and her rough tent "hospital" was bombed three times after it had been set up on the Italian mainland, but Esther Richards refused to quit because of her injuries. She did yeoman work caring for our troops until a German bomb struck through her tent, killing her and several nurses and wounded soldiers. Most Americans have never heard of Esther Richards; but she will live a long time in the memories of the wounded soldiers she helped to comfort.

Tiny Montgomery and Esther Richards are notable examples of Red Cross field



Red Cross clubmobiles follow our men right up to the front lines. These girls are serving an impromptu snack to the crew of an advanced gun nest somewhere in Italy.

workers in this war, but they are not extraordinary ones. The organization behind them is quietly and efficiently doing a heroic job in helping America to win this war. A large part of this job includes service in, or near, actual battle areas. Red Cross "clubmobiles" and field units are scattered throughout danger zones all over the earth. When allied invasion barges strike the west coast of Europe, they will carry many Red Cross field men who have been training with our soldiers in England, in preparation for the "big push."

Actual front line service, however, is only a part of the tremendous wartime job of the American Red Cross. Through its national headquarters in Washington, D. C., the Red Cross directs a vast army of civilian workers whose war work is less spectacular than that of the field directors and Red Cross girls overseas, but no less valuable. In addition to the Red Cross blood plasma which has been collected and sent overseas, last year enough surgical dressings were produced to take care of 925 million wounds and enough clothing was knitted for about 12 million persons. During the last 4 years about 91 million dollars' worth of food and equipment have been distributed abroad, under the Red Cross Foreign War Relief Program. Several million packages containing food and medicine have been sent to American soldiers interned in prison

camps abroad. And, last but not least, this civilian volunteer army has performed a variety of services that may seem insignificant on the surface but actually such services help greatly to strengthen our soldiers' morale. No wonder the Red Cross is so popular among our soldiers.

As soon as war broke out in 1939, the Red Cross, with its 60 years of experience, was ready to provide immediate relief to the devastated countries which needed it. As the march of war devastated Poland and Finland, and the Low Countries of Europe in rapid succession, the Red Cross began its march of mercy across these territories, with food and medicine. In 1941 the Red Cross War Relief Program was strengthened by the Emergency Relief Appropriation Act, which appropriated \$50,000,000 for "the relief of refugee men, women, and children who have been driven from their homes or otherwise rendered destitute by hostilities or invasion." Operating under this authorization, the Red Cross increased its aid to Europe and the Far East. Most Red Cross supplies have been sent to Great Britain. During the terrible bombings of 1940, the Red Cross shipped food, clothing, hospital equipment, and medical and surgical supplies. Since then, the British have received cash grants with which to build nurseries, mobile canteens, and hospitals.

Russia has come in for the second larg-

est share of Red Cross aid. In 1941 the Red Cross sent anti-gangrene serum, insulin, surgical dressings, and hospital garments to Russia. Later on, food, drugs, X-ray equipment and other hospital supplies, and children's clothing were supplied to the gallant people who were destroying Hitler's last hopes of conquering the world. From the Russian's standpoint, the vast quantities of soap contributed by the Red Cross were as important as medical supplies, since soap is used to fight typhus.

The tremendous relief needs of China have outweighed those of almost every other country. This sprawling, stricken continent has quickly absorbed the large amounts of quinine, vitamin tablets, and cracked wheat sent over by the Red Cross. The chief problem which the Red Cross faces in China is that of getting supplies through the Japanese blockade.

In lesser amounts, Red Cross supplies have been provided to many other peoples. Clothing, flour, and chocolate were sent to France; milk, cocoa, and blankets to Greece; and a mass-feeding program was organized in Yugoslavia; before these nations were occupied by the enemy. When the present famine broke out in India, our Red Cross at once dispatched enough milk to that country to feed 10,000 children for 3 months. Recently, when a group of Polish refugees straggled out of Russia into Iran, the Red Cross cooperated with the British in caring for them.

Not all the Red Cross's overseas shipments are used to aid war refugees, however. For instance, at this moment on a traffic-jammed dock on the eastern seaboard, a large Red Cross package addressed to Stalagluft III is waiting to be loaded aboard ship. Don't get out a world map and start hunting for Stalagluft III, for you'll never find it. It's only one of several German prison camps in which captured American aviators are interned. Each week, several carloads of Red Cross prisoner-of-war packages arrive at these prison camps from Geneva. Most of the packages contain food rations designed to augment the rather meager fare which is doled out by the Germans. When an American prisoner opens one of these standard packages, he will find a packet of prunes, a tin of meat, a tin of coffee, a can of corned beef, a packet of sugar, a can of dried milk, a can of oleomargarine, a packet of biscuit, a can of dried orange juice, a packet of cheese, a can of salmon, several

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packages of cigarettes, two bars of soap, and a couple of chocolate bars. If he happens to be sick, he will receive a special invalid food package, containing more highly concentrated food.

In cooperation with the Army and Navy Departments, the Red Cross tries to find out what other things our captured fighting men may want. Recently it has supplied clothing and medicine to Stalag Luft III and other prison camps in Germany and Italy. The latest wrinkle in Red Cross prisoner-of-war shipments is a garden seed package developed by the Department of Agriculture. This standard seed package, which is enabling our prisoners to grow their own food within their prison camps, contains different vegetable seeds and a small hand hoe. In many camps, imprisoned Americans have already started gardens of green vegetables and sweet corn.

All prisoner-of-war supplies are prepared for shipment in special Red Cross packaging centers, by volunteer workers. Food boxes are packed on moving conveyor belts. Before each box is glued, a return postcard is inserted in it, so that the prisoner who receives it can identify himself. The Red Cross was forced to use this checking device, after several prisoner-of-war packages were looted by hungry workers on foreign docks.

These packages are sent via Marseilles to Switzerland, where the International Red Cross is domiciled, and then rerouted to Germany. It all takes place under the provisions of the Geneva Convention of 1929, which was signed by 42 nations, and provides that "prisoners must at all times be humanely treated and protected." One clause of the Geneva Convention stipulates that prisoners shall have the right to receive food and other parcels from home. A Central Agency for Prisoners of War has been set up in Geneva, as a permanent part of the International Red Cross, to administer the terms of the Convention. Through this agency, the Red Cross not only sends packages to our men but also notifies their families as soon as they are captured.

If any German commander of a submarine prowling in the Atlantic sea lanes had sighted a Red Cross ship called the *Fox do Duro*, through his periscope, he probably thought he had seen the ghost of the Flying Dutchman. The *Fox do Duro*, a four-masted-square-rigged schooner—the kind that pirates used to sail up and down the Caribbean—was a Red

Cross ship, and carried supplies to Lisbon, for our men, until she became disabled. These supplies were transported on neutral vessels until the shortage of shipping space made it necessary for the Red Cross to acquire its own boats. Ships must now be purchased and transferred to neutral registry. A Foundation for Red Cross Transports has been incorporated in Switzerland to supervise this transfer. The first ship acquired by the Red Cross was the *Caritas I*, which has since become famous for its Red Cross smokestack and which is familiar to every Atlantic sea captain. The Red Cross has acquired six other ships.

Red Cross volunteers are also playing a big role in helping to keep up morale among our able-bodied and convalescent soldiers. The other day an American soldier was furloughed, after several strenuous weeks of fighting, in Italy. He felt pretty much lost in a strange country, and didn't know where to go for his

brief vacation. His superior officer suggested that he drop into the nearest Red Cross leave club. The soldier quickly discovered why these leave clubs are so popular among our troops. He was able to spend his entire leave resting at the club. Red Cross directors organize dances, sight-seeing trips, golf matches, and theater parties among the furloughed soldiers, and also arrange for the men to meet local Italian families. The Red Cross operates 421 of these leave clubs, in foreign territories, scattered all over the world. New clubs are opened in the wake of our advancing troops.

Another important task of the Red Cross is to keep our fighting men in constant communication with their families. This might seem trivial on the surface, but front line officers know that, in many cases, news from home can make the difference between a good soldier and a bad one. Red Cross workers get a variety of ques-

Concluded on page 13



The Red Cross is active on all fronts in this global war. Here a Red Cross worker is "dishing it out" to our boys in India (upper L), making surgical dressings here at home (upper R), doing hospital duty behind the lines in Italy (lower L), and inspecting a small Greek refugee in Jerusalem (lower R).



A good soldier on the food production front. He works fast cutting seed potatoes.

ELEVEN-YEAR-OLD Everett Skeels of Charlevoix, Mich., got his picture in the paper.

He had canned 536 quarts of farm produce for his bedridden mother and the rest of the family. It was quite a feat, but he did it. A Farm Security supervisor showed him how to use a pressure cooker.

Six sailors in Washington, D. C., saw his picture, read the story, and wrote:

"Dear Everett:

"The fellows in the service first began to realize just what we're fighting for when we read about young fellows like you who are doing more than their share toward a quicker victory. It is youngsters like you with all the initiative and resourcefulness of America's younger generation that will make for a bigger and better United States when your time comes.

"We wish to congratulate you and tell you to keep up the good work.

Sincerely,

Ed Suib, New York.

Johnnie Stewart, Pennsylvania.

Floyd W. Stoller, Illinois.

Corky Staets, New York.

Don Stevenson, Michigan.

Robin Stebbins, South Dakota."

Young America

Every day is M-day for boys and girls doing emergency duty at home and school, on farm and in factory

Everett is just one of hundreds of thousands of boys and girls who are feeling the stress of war to their fingertips—doing their best to back up our fighting men—their brothers, dads, neighbors. Few have the opportunities to do dramatic things—break into the headlines—or have their names in the papers. They count the days and hours until they can enlist in the service—chafing because their youth keeps them at home, lamenting because the most they can do is so little. But everyone of America's 30 million young people between the ages of 5 and 18—not in the armed services—has a post on the home front and can serve his country well.

The so-called small things young people have been doing aren't small really. A few pounds of scrap collected, a Victory Garden weeded, a plate eaten clean, war stamps purchased with money earned after school, may seem small, but the totals go into higher mathematics.

During the 1943 fiscal year, more than 3 hundred million dollars' worth of war

bonds and saving stamps were sold through the schools—purchases by students and sales to their families and friends. This year the goal is \$500,000,000.

School boys and girls rounded up more than a million and a half tons of scrap. They tended to a million school and home Victory Gardens, and built 600,000 precisely scaled models of aircraft for the armed forces.

These figures were compiled by the U. S. Office of Education on the basis of reports that have come in from schools all over the country. Although the Office of Education did not attempt to estimate the thousands of garments which students made for the Red Cross, the miles of home-grown fruits and vegetables which they canned, or the mountains of waste paper and fats they collected, boys and girls took over these war jobs, and many more, in a big way.

Many and ingenious are the ways by which school children have promoted the sale of bonds. Sightless children at the State School for the Blind, Vancouver,



All sizes and kinds of boats are needed for our Navy, Merchant Marine, and fishing industry. These boys are learning the rudiments of shipbuilding, getting ready to help.



Fights the War, Too

Wash., made beautiful war bond posters by cutting and arranging gaily colored triangles, circles, and squares into surprisingly simple designs.

Thousands of boys and girls like 16-year-old Wilton Knox of Houston, Tex., are investing money, earned in after-school jobs, in war bonds and stamps. Not only does Wilton buy a War Bond every week and pay his mother \$7 board from the money he earns on a swing shift at the Houston shipyards, but also he has succeeded in improving his school grades since he started doing double duty for America.

Unfortunately not all boys and girls have been able to manage their outside work so that they can attend school. Thousands of students who took vacation jobs last summer did not return to school in the fall.

When it became apparent that a general exodus from school to war jobs was taking place, the War Manpower Commission joined the U. S. Commissioner of Education and school authorities in pointing out that the task of developing trained minds and building strong bodies for the service of the country is war work too—war work of the highest order. Good training is the best job insurance against a day when there isn't a war boom in the labor market.

Local school officials have appealed to employers to adjust the work so pupils

may work and go to school too. It's called the Four-Four plan—the idea being for the working boy or girl to go to school 4 hours and work 4 hours.

Teachers are pleased to report that pupils themselves are feeling the urgent need of training to get a coveted assignment in the armed forces when they reach military age. Boys with an eye on the air forces, for instance, study their "math" and physics as never before.

Crowding two jobs into a day calls for effort beyond the ordinary, but boys and girls who have taken jobs, in addition to school, are spurred on by the knowledge that through their hard work they are helping to produce the materials of Victory. The urgent need for increasing production is vouched for by our highest military authorities. Secretary of War Stimson recently told a Congressional committee: "Experience in this war, as in all wars, has shown that the greater preponderance we have in men and material in any given action, the fewer the casualties and the quicker the issue is resolved in our favor."

Reports from the farm front production are impressive—boys and girls have performed signal service in adding to the Nation's vital food supplies.

About 900,000 boys and girls volunteered for work on farms during 1943, officials of the Victory Farm Volunteers

estimate. They served where they were needed, in communities all over the country. In Iowa, for instance, youngsters comprised 60 percent of all emergency farm labor. In Maine they picked 1,740,000 barrels of potatoes, and in Louisiana they picked \$77,000,000 worth of cotton—one-third of the total crop.

This splendid record of accomplishment by Victory Farm Volunteers is over and beyond the great volume of chores done by farm boys and girls who helped on their own home farms. For these farm youngsters, the necessary tasks were an old familiar story without a tinge of romance or glamour. Yet the war has given the old chores a new meaning and a new importance. The knowledge that their farm work is war work has spurred many country boys and girls into working longer hours and harder, to "plant an acre for a soldier" or "feed a man in the service."

Although no over-all report is available for the achievements of this large group of farm youngsters—about 11 million between the ages of 5 and 18—returns from some of the smaller groups within the large group indicate how amazing the total would be.

A record of the food produced by the 1,500,000 boys and girls working in 4-H clubs, under the supervision of the Extension Service last year, showed the following results:

Eight million bushels of Victory Garden products; 90,000 head of cattle; and 15 million jars of canned goods.

In addition 4-H boys and girls found time to sell war bonds and stamps to the



Pre-flight training for air-minded school girls ties in with the war effort, raises hopes of being ferry command pilots someday.



Thousands of school boys are doing double duty these days: working in war plants and going ahead with their school work.



War nurseries release women for essential work, give school girls a chance to help.



Salvage of metals and paper is a wartime job that school kids are doing superbly.

tune of \$14,000,000 and collected 300,000,-000 pounds of scrap.

And here are some impressive figures which represent the activities of Future Farmers of America in projects under the direction of vocational agriculture teachers. Future Farmers tended 87,294 individual Victory Gardens with a total acreage of 61,839 acres, in addition to more than a thousand chapter gardens. They repaired 205,127 farm machines, collected 209,454,544 pounds of scrap, and purchased \$4,889,406 worth of war bonds and stamps.

And remember—that's not counting the large number of farm boys and girls who are not organized but who are working with a will to help their parents fight the war on the food production front.

Typical of the determination of young farm workers to do their share are 12-year-old Margie Schmoll and her 11-year-old brother, H. G. When their Uncle George went away to war, he told them to take his place on the home farm in Cass County, Mo., and the brother and sister have been "obeying orders." There was simply more work than their father could do alone, so Margie helped her mother milk 15 cows night and morning, tend 400 chickens, can 450 quarts of vegetables and fruits.

Mr. Schmoll cultivated the corn and did other heavy chores. But Mrs. Schmoll and H. G. manned a tractor and binder to cut 80 acres of grain.

To top all this, Mrs. Schmoll was elected township AAA committeewoman

to help administer the local Agricultural Conservation Program. Probably she would have had to refuse this call for community service if Margie and H. G. hadn't been standing by to help. With their help and her husband's backing, Mrs. Schmoll felt she could accept the responsibility of working through the AAA program to assist neighbor farmers to reach their farm production goals.

With 1944 set as the year of the big offensive, America needs every hand on the job—little hands with the round chubby fingers of youth as well as the hard strong hands of adults.

But eager, willing hands are not enough. Trained hands are needed to get the utmost of production to back our fighting forces—to forge the weapons for the invasion and to grow the food to keep our armies moving.

Thus, the 1944 Victory Farm Volunteers' program calls not only for more young farm helpers but also for better-trained ones. VFV officials estimate that about 1,200,000 young people from towns and cities will be needed for farm jobs this year. That's about 300,000 more than last year.

But the big emphasis is on the importance of supervision and training. Reports from last year underline the fact that training often means the difference between success or failure on the job. Farmers are almost unanimous in reporting that children who worked in supervised groups with a teacher or a club leader

did more satisfactory work. What's more, the reports show that the youth in supervised groups usually earn more than the "free lance" workers who make their own arrangements.

Recognizing the importance of training and supervision, the Girl Reserves, the Girl Scouts, and the Campfire Girls jointly published a guide for leaders of farm work groups recruited by them to meet emergency labor needs.

School clubs in many parts of the country are providing training for Victory Farm Volunteers, with vocational agriculture teachers, agricultural extension agents, and farmers invited to tell prospective farm workers what will be expected of them and what they can expect on the farm. These training programs do not pretend to make experienced farmers out of raw recruits in 10 easy lessons, but they do help to put the pupil into the right frame of mind for his job and to give him confidence. Where it's possible, provision is often made for students to go out on week ends, or during spring vacations, to work on farms. Some pupils will be selected for a quick course at nearby vocational agricultural high schools to learn the rudiments of handling farm animals and equipment. All in all, the Office of Education officials estimate that about one-half of all boys and girls who take farm jobs in 1944 will be fortified by some sort of pretraining.

Then to speed up learning on the job, leaders and supervisors of Victory Farm Volunteer groups in many localities are being given job instruction training so they can teach boys and girls how to do unaccustomed farm tasks quickly, efficiently, and without danger of accident.

Farmers generally are learning that they have a definite responsibility in getting the best work from youngsters who know little about farm jobs. Some farmers have a natural "way" with boys and girls. Usually, according to VFV officials, such farmers have always used job instruction training whether they called it that or not.

Other farmers have not realized the importance of telling youngsters the *how* and *why* of farm jobs; showing them step by step, letting them try; and then checking over the steps of the job with them. Boys and girls do not work so well for this kind of farmer.

"I'm too busy to bother with kids . . . they're more trouble than they're worth" . . . "all the jobs on the farm require

Concluded on page 13

"IT'S PEACH," piped the thin shrill voice of the little tow-headed second grader.

"That's right, Frances. Now Satsi, what other word has a 'ch' in it and has something to do with food?" asked the teacher, Mrs. Nugent.

Slowly and shyly the Seminole Indian boy rose to reply. As he paused, hands waved frantically all over the room, eyes regarded Mrs. Nugent expectantly. Outside the sun shone brightly, birds sang in the shrubbery, and the long green fronds of the palm trees moved slowly in the gentle breeze, but it could have been pouring rain for all the second graders of Riviera School, West Palm Beach County, Fla., cared. They were in the midst of their morning reading lessons, and every one it seemed wanted to recite.

On either side of the blackboard from which they were reading the words printed in colored chalk, were bulletin boards over which pranced two happy, healthy little dwarfs. Printed sentences tacked beneath them stated, "We want to be healthy," "We must eat a good lunch," and lastly the sentence for the day, "We must eat all our food." In the corner stood a sand box, one end of which was filled with a paper castle. A scroll over its doorway proclaimed it "Good Health Castle." On its steps were written rules of living for health.

At the opposite end of the sand box stood a small white building resembling the school lunchroom. Between the two extended a path bordered by the hazards, Dry Rock, the desert, the gnome, Hunch Back Harry, Sneezy the Tiger, Sleepy the Fox, the Fruitless Forest, the Naughty Cat who wouldn't drink her milk, Dirty the Dwarf, the witch Dirty Fingernails, Dragon Dirty Teeth, and Giant Shaggy Hair. On the path, at varying distances from the castle, clothespin dolls, dressed in different colored costumes, were placed.

The reading lesson completed, Mrs. Nugent asked, "How many of you drank a lot of water yesterday?" Again hands fluttered wildly. "Fine," she continued, "Those of you who did stand. Now march to the sand table in a single line and move the doll that represents you up one place on the path to Good Health Castle." With much scuffling and jostling most of the second grade moved toward the sand table. None of them were aware that they were learning another lesson along with their studies, one in good nutrition,

3 R's Are Not Enough

An "N" for nutrition has been added by the progressive principal at Riviera School in Florida and her pupils are reaping the benefits

as simply and as easily as they were learning to spell and read.

And they aren't alone in that. All the other eight grades in Riviera School are learning the same thing. Mrs. McCullough, their principal, is seeing to that. Through her efforts the children are finding out not only what foods they should eat, but are learning to eat them, too. "An endowment in good health," Mrs. McCullough calls it, "one they will carry throughout their lives."

Each grade is taught its nutrition lesson in a way adapted to its age and stage of learning. First graders, for example, discover the meaning of the words, a good breakfast, by cutting out pictures of food from magazine advertisements and pasting them in poster form on colored paper. The teacher helps by guiding them

toward a choice of the right foods. The best posters thus made are then displayed on the walls of the lunchroom.

Third graders learn English composition by writing paragraph length themes on such subjects as "Why I Like To Eat in Our Cafeteria." Philip Nelson had his own ideas on that. "In our cafeteria," he wrote, "we get the food that makes us grow. Uncle Sam wants us to eat good food every day so that when we get strong and big, we will wipe the ears right off the Japs."

Sixth graders are planting a Victory Garden with seeds furnished by the local garden club. They'll work in it along with the boys in the upper grades. This makes them appreciate and like vegetables more because they have grown them themselves. They also help out in the



Healthy, happy children like these youngsters attending Riviera School have plenty of energy for play when they're kept fit by eating enough of the right foods every day.

school lunchroom by setting the tables, clearing them, and keeping the lunchroom clean. For performing these chores they get their lunch and a quarter a week.

Seventh, eighth, and ninth graders get their nutrition lessons as part of their science classes, and put some of what they learn to work in 4-H clubs. Along with the other children they are also taught to like all foods. This pays off in stronger bodies, more alert minds, better teeth. Take the case of Alton Moree, for instance. When he first came to school his first teeth were black, some of them had rotted off. Now he has most of his second teeth and they are strong and in good condition.

The program doesn't end there though, not by a long sight. In the Riviera School theories are put into practice. Twice a day every pupil, big and little, thin and plump, gets two cod liver oil concentrate tablets containing 1,560 units of Vitamin A, and 156 units of Vitamin D.

They have Mrs. McCullough to thank for that. She started it last spring, when with the assistance of the school nurse she bought 5,000 of those tablets. She selected 20 of the school's most undernourished pupils, weighed them, then used them as test cases, giving them 2 pills a day for 20 days. Because it was made a game and a privilege, the children took them gladly. When the 20 days were up they were weighed again. The average increase was 2½ pounds apiece.



Two of the children in the original group, Herbert and Lucius Young, made spectacular progress. The older, Herbert, who was very thin, gained 10 pounds, and Lucius gained 5. Their parents were so pleased with the result that they ordered a thousand tablets themselves and the two boys took them all summer.

Now the "sunshine pills," as the children call them, are a big factor in the improved health and vitality of the whole

school. Moreover, many a child who couldn't take pills before, can now swallow these tablets with ease.

What about the cost? you ask. The school takes care of that. The tablets are bought in lots of 25,000 at a cost of \$43.75, and the money comes from the lunch fund.

Group games also play their part in keeping the children strong and sturdy, and in building up their appetites. Play periods serve as a break in the morning and afternoon's work. Teachers direct the children's play, sometimes joining in the games themselves. Mrs. McCullough coaches the baseball and football teams herself and many's the game they've won from neighboring schools.

Another thing the children get is a good, hot, well-balanced lunch every day. This costs them each 10 cents a day. Those unable to pay eat free of charge. The teachers collect the money and are the only ones who know which children have paid and which have not.

The Government has a share in the feeding program. It helps out through the Community School Lunch program conducted by the Office of Distribution of the War Food Administration, and pays 9 cents for each child fed. 165 of the school's 206 pupils eat their lunches at school; the remainder live close enough to go home for theirs.

Meals are planned with an eye to good nutrition by Mrs. McCullough and Mrs. Danner, the school cook, and always include a bottle of homogenized Vitamin D milk. This irradiated milk was another one of Mrs. McCullough's ideas. She believes that children attending the school need all the vitamins they can get.

The children eat three shifts, the lowest three grades first. All of them are taught to wash before mealtime and are given an opportunity to do so. Teachers eat along with their pupils and are on hand to teach manners and to see to it that each child eats everything on his plate.

Do the children like it? James Adkins is an example of just how well they do. Last September his family moved out of the Riviera School District. This didn't please James a bit. He got his parents to obtain a transfer for him from the superintendent of Public Instruction so that he could attend Riviera again. Now he rides 5 miles a day on his bicycle to get to school. "That other school," he said, "didn't have a cafeteria and I couldn't get hot

meals there. I don't want to carry my lunch. I like hot food like we get at Riviera."

All the children are proud of their lunchroom and call it the "Healthy Children's Diner." They named it themselves by means of a contest conducted some time ago. It lasted a week and during that time children from the fifth through the ninth grades submitted names. The first grade teacher, principal, and cafeteria manager served as judges. The child submitting the winning name was awarded an extra dish of ice cream on the last Friday of the month and had the satisfaction of seeing his chosen name painted on a sign and hung over the lunchroom door.



The surrounding community also has an interest in the lunchroom. Starting with the children who grow vegetables in the school's Victory Garden which help to feed their classmates and themselves, it spread to their parents who had a hand in helping to get some of the lunchroom's equipment. Last fall, for example, the school gave a carnival and the parents turned out in force and spent money generously knowing it would benefit the school. From that event the school reaped \$105 which paid a major amount on a new ice box for the lunchroom.

Individuals help out too. Each day a local bakery donates its day-old cakes and other bakery goods. These often completely take care of the dessert problem.

The garbage pail is almost never used at Riviera, for children are encouraged to eat everything on their plates. Food just doesn't go to waste. Teachers check their pupils' plates over a 3-week period and those who clean theirs every day are given a gold star. It is placed after their names on a chart that hangs in a prominent place in each classroom. They are also rewarded with a heaping plate of ice cream at the end of the month. Needless to say, many a pupil instead of wasting food goes back for seconds and thirds just to be sure of that ice cream.

Occasionally though, a child does leave something on his plate. When that happens, his teacher asks, as Johnny's did recently, "Do you know what is happening to the children of Greece?" John started to reply. "Oh, no Johnny, of course you don't, for you didn't eat all your food today. Joan, tell Johnny what is happening to those children." "They're starving," said Joan. Now Johnny doesn't leave a bite. He doesn't want to be asked about the Greek children again.

Once in a great while a child gets finicky and says he doesn't want to eat his carrots, beets, or some pet dislike. When that occurs his teacher gives him a lot of sympathy, tells him she's sorry he's not feeling well, gives him no lunch, and a great big tablespoonful of milk of magnesia. It never happens again except in case of real illness, not difficult to detect.

Small wonder then, with such a program in effect, that few children are absent because of illness or that most pupils have gained considerable weight. Among the youngsters who have transferred there like Elaine Pohli it is most noticeable. Elaine came from New Jersey on January 3, and her first few days at school she was white and weak. In 7 weeks' time, though, she gained 8 pounds, became healthier and happier. Riviera School now means so much to Elaine that when Mrs. Pohli kept her home one day recently, she didn't like it a bit.

Yes, there's a big lesson being learned at Riviera School, one that will mean healthy citizens for the community of tomorrow. And even the community of today benefits, as Mrs. McCullough says, for "the nutrition program finds its translation into children's homes as they learn more about good food and understand it."

Young America

Concluded from page 10

trained workers" . . . are being heard less and less frequently as the need for emergency help grows, and boys and girls are proving their ability to work well with proper instruction and supervision.

Youth wishes to serve. Youth will not be denied—must not be denied. If a child sees that by working and saving—by buying carefully only what he needs and taking care of his clothing and other personal belongings, not to mention family, school, and public property—he is really fighting the war, then he will do his utmost to be a good soldier on the home front.

Blacking out a street light with well-aimed rocks ceased to be good fun to one neighborhood gang, for instance, after an understanding adult explained to them how willful and careless waste helps Hitler . . . how an Ohio plant, sorely needed to turn out weapons, was kept busy making street lights . . . how skilled workers were kept from making weapons, needed by our fighting men, because they had to make more lights to keep the streets at home safe for civilians . . . how destroying and misusing property wastes scarce labor and materials needed to win the war.

It is the right of young citizens to feel they have a part in the war. There is danger in their bewilderment, child psychologists say, when they don't have a sense of "belonging." With homes broken up, both parents working, and the tension and excitement of the war, there has been an alarming rise in juvenile delinquency in some parts of the country.

Enlisting young people for the service of their country, directing their thoughts, and harnessing their energies are the alternatives to wasted energy and often misguided, dangerous activities.



This isn't just theory, either. Out in Salem, Oreg., for instance, Mr. Fred Beck, juvenile officer for the city, reported that the number of juvenile complaints coming to his office dropped from five or six a day to only one or two a week during the summer when the boys and girls were doing VFV work.

And here's a letter the Massachusetts Extension Service received from a mother who reluctantly permitted her daughter to do farm work during the summer:

"From the first day that Peggy began to work on a farm she felt that she was of some use, being needed to do some important work. I believe it bolsters up a youngster's morale to realize that her job carries with it a certain responsibility which cannot help but have a lasting effect and adds to stability of purpose. It seems

to me that the best thing that happened to the boys and girls last year was the opportunity to work on farms, proving that they can be useful in their way and are needed in important work as much as are their older brothers.

"Should there be farm work available for the high school pupils next year, Peggy will be on hand to apply for it."

Truly the youth of America is standing by. The power of American youth is great and is still growing. Dictators, take note.

Red Cross

Concluded from page 7

tions, to be transmitted home, from our anxious men. Has Private Jones's mother gotten over her sickness? Has the captain's wife had her baby yet? It's up to the Red Cross to get these questions answered as rapidly as possible. The most famous message to be transmitted home during this war was reported by Susan Tate, a Red Cross worker in a Port Moresby hospital, in New Guinea. It was a cable from a soldier to his sweetheart, and it contained \$65.50 worth of "I love you, I love you."

Then, too, there are the Gray Ladies of the Red Cross, who carry on the Florence Nightingale tradition of sympathy and human understanding. To thousands of convalescent soldiers, these volunteer workers offer an escape from inactivity and boredom. Dressed in their gray uniforms, they visit our hospitals to talk to our wounded men, write letters for them, play games with them, and perform many odd services that help to make time pass more quickly until the soldiers are discharged and go back to normal life again. It is up to the Gray Ladies to help our wounded veterans to face the future, and every volunteer knows that the Red Cross can undertake no more important job than this.

It would be difficult to list all the vital activities of the Red Cross. Space limitations prevent a full description of this great organization's work in assisting storm and flood victims, and in guarding against sickness and disease at home.

The Red Cross goes wherever there are human beings in distress. That is why homeless, hungry civilian war victims all over the world rely on the Red Cross as a well known friend. And that is why our soldiers, whether they need vital life blood, a place to sleep, or merely advice, look to the shining light of the Red Cross.

Consumers' Book Shelf



Government agencies agree that for the duration of the war all informational programs on food production and use, rationing, and price control shall be conducted as a single unified **FOOD FIGHTS FOR FREEDOM** campaign. The purpose is to develop an understanding of the role food plays in wartime, and why each citizen should do his share by adjusting his production and use of food to the campaign goals. Many of the following publications may be helpful in this undertaking. Unless otherwise specified, free copies may be obtained from the Office of Information, U. S. Department of Agriculture, Washington 25, D. C.

Bibliographies

A LIST OF PUBLICATIONS RELATING TO FOOD. Dec. 1943. Processed. Address: Office of Distribution, War Food Administration, Washington 25, D. C. Free.

WARTIME CONSUMER EDUCATION. Leaflet No. 67. 1943. U. S. Office of Education. Address: Superintendent of Documents, Washington 25, D. C. 5 cents.

Lists source materials from Government agencies for use in elementary and secondary schools.

SELECTED REFERENCES ON PRICE CONTROL, RENT CONTROL AND RATIONING. Revised Dec. 1943. Processed. Address: Regional or District Office, Office of Price Administration. The address of the office nearest you may be obtained from your local War Price and Rationing Board.

One hundred references are listed for use by schools and colleges.

Conservation

FAMILY SAVING AND SPENDING IN WARTIME, by U. S. Office of Education, Federal Security Agency, Vocational Division Leaflet No. 11. Jan. 1943. Address: Superintendent of Documents, Washington 25, D. C. 5 cents.

Written for the individual homemaker and for home economics leaders who are assisting adults with their family financial problems.

INFORMATION FOR PUBLIC SPEAKERS ON FOOD WASTE. Oct. 1943. Processed. Address: Office of Distribution, War Food Administration, Washington 25, D. C.

Prepared by Bureau of Human Nutrition and Home Economics, USDA:

FATS IN WARTIME MEALS, AWI-34. 1943.

HOW TO MAKE YOUR ELECTRIC CORDS LAST LONGER, AWI-20. 1943.

TAKE CARE OF PRESSURE CANNERS, AWI-65. 1943.

Issued jointly with Office of Price Administration:

HOW TO MAKE YOUR GAS OR ELECTRIC RANGE LAST LONGER, AWI-8. 1942.

HOW TO MAKE YOUR IRONING EQUIPMENT LAST LONGER, AWI-11. 1942.

HOW TO MAKE YOUR REFRIGERATOR LAST LONGER, AWI-4. 1942.

HOW TO MAKE YOUR WASHING MACHINE LAST LONGER, AWI-6. 1942.

TAKE CARE OF HOUSEHOLD RUBBER, AWI-7. 1942.

Food Preservation

Prepared by Bureau of Human Nutrition and Home Economics, USDA:

CANNING TOMATOES, AWI-61. Aug. 1943.

OVEN DRYING, AWI-59. Aug. 1943.

WARTIME CANNING OF FRUITS, VEGETABLES, AWI-41. June 1943.

HOME CANNING. Set of 20 charts 14 by 20 inches. 1943. Address: Superintendent of Documents, Washington 25, D. C. 50 cents.

Steps in both the boiling water bath and pressure canner methods are illustrated.

PREPARING HOME-GROWN VEGETABLES AND FRUITS FOR FREEZING, by Bureau of Agricultural and Industrial Chemistry, USDA. AWI-63. Aug. 1943.

Instructions on preparation and freezing of home-grown fruits and vegetables; lists equipment needed.

PRESERVATION OF VEGETABLES BY SALTING OR BRINING, by Bureau of Agricultural and Industrial Chemistry, USDA. Farmers' Bulletin No. 1932. Sept. 1943.

Methods, equipment needed, and storage of vegetables preserved in this way, with brief bibliography.

HOME STORAGE OF VEGETABLES AND FRUITS, by Bureau of Plant Industry, Soils, and Agricultural Engineering, USDA. Farmers' Bulletin No. 1939. May 1943.

Detailed directions for handling fruits and vegetables that can be stored at home, on the farm, and in cities and towns.

Nutrition

Prepared by Bureau of Human Nutrition and Home Economics, USDA.

EGG DISHES AT LOW COST. March 1942.

POTATOES IN POPULAR WAYS, AWI-85. 1944.

VITAMINS FROM FARM TO YOU, AWI-2. 1942.

CHEESE IN YOUR MEALS, AWI-16. July 1943.

COOKING WITH SOYA FLOUR AND GRITS, AWI-73. Oct. 1943.

DRIED BEANS AND PEAS IN WARTIME MEALS, AWI-47. June 1943.

FAMILY FOOD PLANS FOR GOOD NUTRITION, AWI-78. Dec. 1943.

GREEN VEGETABLES IN WARTIME MEALS, AWI-54. July 1943.

NUTRITION EDUCATION IN THE ELEMENTARY SCHOOL, by U. S. Office of Education, Federal Security Agency, in cooperation with the USDA. Nutrition Education Series Pamphlet No. 1. Aug. 1943.

Explains how nutrition education functions in the elementary schools and outlines the cooperative efforts of State agencies to promote nutrition education; bibliography included.

MANUAL OF INDUSTRIAL NUTRITION, 1943. Address: Office of Distribution, War Food Administration, Washington 25, D. C.

Outlines the National nutrition program for industry. Several pages of bibliographical references, including those for posters and films.

PLANNING MEALS FOR INDUSTRIAL WORKERS, NFC-2. 1943. Address: Office of Distribution, War Food Administration, Washington, 25, D. C.

Contains pattern meals that meet the day's dietary allowance; suggested main-course combinations; the basic 7 food groups; and various suggested menus for cafeteria and canteen service.

NATIONAL WARTIME NUTRITION GUIDE, NFC-4. July 1943.

Foods in each group of the basic 7 are listed; 12 hints on food conservation included.

FOR HEALTH, poster 22 by 28 inches, illustrating in color the basic 7 food groups. 1943. Address: Office of Distribution, War Food Administration, Washington, 25, D. C.

CG news letter

last minute reports
from U. S. Government Agencies

Containers are Scarce and getting scarcer, according to WPB. Everything from shipping cartons to wrapping paper is included in the scarcity. Before the summer is over we will be carrying many items unwrapped. Almost every article we buy requires a container at some time in its journey from field or factory to the retail outlet. As a result delays and apparent shortages in civilian supplies may be due to container difficulty only. Buttons, snap hooks, and fasteners, for example, require paper cards for easy handling which now because of cardboard scarcity may delay their appearance in your stores.

Repair and Maintenance parts for refrigerators are being increased by producers above the parts turned out last year at this same time. But WPB says the greater output is necessary since the refrigerators are older and the need is higher for them.

Ice Boxes are being produced at an increasingly high rate. During April, May, and June manufacturers are allowed to turn out 181,655 units, while during the previous 3-month period 125,000 were permitted to be produced.

More Butter and cheddar cheese is now available than at any time since the beginning of the year. An increase of 2 ounces of butter and about $4\frac{1}{2}$ ounces of cheese have been set aside for consumers during the heavy milk production months of April, May, and June, which means an addition of less than an ounce of butter and $\frac{2}{3}$ ounces of cheese per person each month.

Although Milk Production this month and next will probably set a record, fluid milk sales to consumers will still be limited, according to WFA, for the difference in supply is being sold to creameries, cheese and evaporated milk plants. In spite of this record production, total 1944 milk supply may run slightly under that for 1943, which means that a greater supply of manufactured dairy products will have to be made during the next few months—a difficult job when manpower is short and transportation difficult.

Enameled Sauce Pans, sauce pots, dippers,

steam-table pans and other enameled ware are now being made in a wider variety of sizes than before—but the amount of steel for their production has not been raised. The same is true of cast-iron ware. Production has not been increased but all restrictions have been removed as to the sizes. Enameled ware, however, retains some restrictions—for example, one size of sauce pan was previously made, now three sizes are allowed.

Provisions for Extra Food Rations has been made by the OPA for commercial fishermen and for persons employed on inland water carriers. They are to receive an allowance of ration points for all rationed foods on the basis of four meals per day. Another OPA order provides extra food, also, for *loggers*, primarily those who eat at logging camps and other on-the-job eating places. Food needs of men in other heavy industries are now being computed and supplementary rations will be provided for them.

To Make Sure that ill persons also receive the foods they need, special treatment will be given applications for extra rations wherever an individual is suffering from an illness which usually requires additional amounts of rationed foods, OPA has announced.

Extra 'Gas' for Victory Gardeners has again been granted by the Office of Price Administration which allows you gardeners 300 miles of travel to and from your plots this season—providing that (a) your vegetable garden is at least 1,500 square feet in size and that you are the one who is doing the digging; (b) you make a ride-sharing arrangement (all cars in a ride-sharing pool of Victory Gardeners does not exceed 300 miles), or show that one cannot be made; (c) there is no alternative means of transportation available; (d) your garden is near enough your home so that you can visit it twice a week and still keep within the 300 mile-limit.

Garden Tools regulations have been changed by WPB to enable Victory Gardeners to purchase atomizing hand sprayers, hand dusters, wheel-type hand

cultivators and hand plows.

If You Buy Meat directly from a farmer the OPA says you may use up to 180 points ahead of time. In other words, if you want to buy half a hog at a time from a farmer, you may use up to 18 red stamps from ration Book Four in advance, plus the meat points already valid.

Slightly Less Meat is in your butcher's refrigerator for these same months than during the first quarter of the year, reflecting the seasonal decline in livestock marketing.

CONSUMER CALENDAR

Meats and Fats—Meat, canned milk, butter, margarine, cheese and canned fish. Red stamps A-8, B-8, C-8, D-8, E-8, F-8, G-8, H-8, J-8, K-8, L-8, M-8, N-8, P-8, and Q-8 valid indefinitely. R-8, S-8, and T-8 become valid May 7. U-8, V-8, and W-8 become valid May 21. All are good indefinitely. Red tokens may be used as change.

Processed Foods—Canned vegetables, fruits, soups, juices, etc. Blue stamps A-8, B-8, C-8, D-8, E-8, F-8, G-8, H-8, J-8, K-8, L-8, M-8, N-8, P-8, and Q-8 valid indefinitely. Blue tokens may be used as change.

Gasoline—In 17 Eastern States and District of Columbia coupons A-9 good for 3 gallons each, are valid through May 8. A-10 becomes valid May 9. Good through Aug. 8. Elsewhere, A-11 valid through June 21. B-2 and C-2 good for 5 gallons each. B-3 and C-3 good for 5 gallons each. All expire according to date indicated in the individual books.

Motorists are urged to write license number of State on coupons as soon as received to help in enforcement of rationing regulations.

Shoes—Airplane stamp Nos. 1 and 2 in Book 3 valid indefinitely.

Sugar—Stamps 30 and 31 valid indefinitely. Sugar stamp 40, worth 5 pounds of sugar for home canning, valid through Feb. 1945.

Fuel Oil—Period 4 and 5 coupons expire Aug. 31.

GUIDE POSTS



The Case for Strawberries

To taste the full lusciousness of May, a gourmet recommends first refreshing the mouth with champagne, then popping in the sweet, acid flesh of a perfect strawberry. But this May it is almost as difficult to get strawberries as champagne. Acreage has been cut to allow other more essential foods room to grow, and a portion of the berries have been set aside—as with last year's champagne grapes that were made into raisins—for processing into jams and jellies.

Cream, too, which the more plebeian taste prefers with strawberries, is impossible to buy unless you are an institution, hospital, or bona fide invalid certified as such by your doctor plus your regional Office of Distribution director. Too many doctors had too many patients requiring prescriptions of too much precious war-needed cream, so the added certification was included.

Peanuts!

The dapper peanut now appears in your cosmetics. Scientists working in the U. S. Department of Agriculture Research Laboratory in New Orleans have developed a peanut oil that is better in some respects than olive oil. It is clear, limpid, unaffected by temperatures, does not gum or film. It has been tried as a substitute for almond as a textile oil, as a lubricant in the leather industry, and used in place of almond oils in cosmetics. And right now its cost is less than the hard-to-get olive oil.

For Dunkers

The doughnut industry is a step forward in the Better Breakfast campaign with the doughnut under the new enrichment program. The cake around the hole now gives dunkers slightly better daily doses of vitamins with their coffee-an'.

Non-ration Rations

The joyful chorusing of hens across the land tells us that eggs are more plentiful than they have ever been despite the increased and increasing demand for them. A good meat alternate for 6 people at dinner is any dish or dishes that use 12 eggs—which cost 50 cents and yield 1½ pounds of protein.

Another ideal and abundant food is the Irish potato, a source not only of starch but quality protein, iron, other minerals, thiamine and riboflavin and a good part of the day's Vitamin C requirements.

U. S. Department of Agriculture home economists recommend that a pinch is better than a poke in finding out whether or not the baked potato is done. The common practice of jabbing a fork into the potato lets out steam which means longer baking. A better test is to hold the potato with a cloth and gently press between thumb and forefinger without breaking the skin. The fingers can feel whether the potato is soft all through.



Sea Oddities

In Puerto Rico oysters grow on trees. If you order oysters on the half shell you will find the small shells are warped and twisted, their backs covered with bark and concave from clinging to the submerged limb or root on which they grew. Another tender and delicious Puerto Rican seafood is the "lobster" which is actually a crawfish.

Can't Beat the Dutch

The Netherlands Information Bureau reports that barge captains in Zeeland refused to haul sugar beets along the River Scheldt to beet factories because it was "too dangerous." Many skippers were imprisoned for their refusal, but not before vast quantities of sugar beets had been dumped on the land to rot away. Less Netherland sugar for Germany's war machines!



Patriots With Appetites, Note!

The food future is dark with high blue ration points unless 2 million more Victory gardeners spend an hour a day during May and June, and a little less than that from June on, in gardens 30 by 50 feet or larger. Points descended in value this spring because of the energetic work of 1943 Victory gardeners who produced 8,000,000 tons of food, but those points will rise again unless you and 21,999,999 other gardeners reserve an hour a day for body-building exercise, working a garden to raise most of your own minerals and vitamins. If you do, the Nation's food supply will increase by one-fourth.

This year emphasis is laid on intensive use of garden space by succession planting. Right now you can follow radishes and other quick-maturing crops with summer greens, tomatoes, and fall-maturing root crops. About the middle or end of June late cabbage, broccoli, beans, and corn may be planted. By the first of July rutabagas, the final crops of carrots, beets and other root crops, and late summer greens like kale, endive, and Chinese cabbage for use in the autumn can be started.

Victory gardens on farms and in cities and towns last year produced about 40 percent of all vegetables grown for fresh consumption. This year a 25-percent increase will mean that only about 12 million families in the United States will *not* be raising a Victory garden. About two-thirds of the country are now spending an hour a day on really essential, extra-curricular war work right in their own back yards or a nearby-community plot. Are you a member of the two-thirds club?

LISTEN TO CONSUMER TIME

Every Saturday—Coast to Coast
over N. B. C. 12:15 p. m. EWT
11:15 a. m. CWT
10:15 a. m. MWT
9:15 a. m. PWT

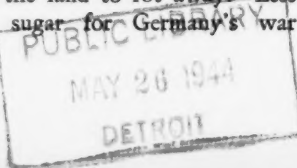
Dramatizations, interviews, questions and answers
on consumer problems. Tune in.

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WAR FOOD ADMINISTRATION

Consumers' guide

U. S. GOVERNMENT PRINTING OFFICE: 1944



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